244 cucumber. They are eaten as a vegetable. Gourds with
[415] variously-shaped fruits are cultivated mainly for use as vessels.

The oil palm (ingasi), which occurs in Urundi only in
314 the interlacustrine area, is not really a plant cultivated by the
[177] Barundi but a wild tree which has been introduced from West Africa. The Barundi use its fruit. The oil palm forest of Mtara is approximately 12 kilometers north of Usumbura. It covers about 800 hectares with 400,000 to 500,000 oil palms (Elaeis guineensis). Closer to Usumbura there is a forest of 200,000 to 220,000 palms, and farther south of Usumbura, stretching to the vicinity of Ujiji, there are other stocks of trees with 300,000 to 400,000 palms. The systematic cultivation of oil
[177] palms was first introduced to the Tanganyika area by the Europeans, but at the present time the forests are exploited neither by Europeans nor by the natives because they are the chief breeding site of the fly that transmits sleeping sickness. For this reason the forests are avoided as much as possible. The
[248] only tree incorporated into their hoe-culture, which is inimical to the cultivation of trees, is the fig from whose bark cloth can be made (see above, pp. 24, 31). This tree is really planted and cared for. The oil palm, however, is only seldom planted by the natives. After dropping from the trees, the nuts thrive easily in the moist soil where oil palm forests usually grow. The majority of the young trees are either pulled up or cut down, and only a few are left standing to replace old dead trees. After cutting down the ripe fruits of the oil palm, they are first scalded in boiling water and then pounded in a mortar until the whole outer layer of flesh containing the oil is detached. The pounded pap is squeezed out by hand into a wooden tub filled with water so that the oil will float on the surface. From there it is scooped into an earthen pot. It is marketed in smaller pots. Most of it
[439] is sold in Ujiji and in the Congo district (Uvira). The Barundi use
[252] the little oil that is left as an ingredient in some of their dishes or
[278] for frying fish, partly also as a skin lotion and as a medicine for the wounds caused by sand fleas (No. 19, p. 291 and 411).
000 Originally the Barundi were not familiar with the use of palm oil

243 311 The millet fields lie chiefly on the slopes of the hills. They are hoed and seeded after the first rain. Some time later they are weeded. The main harvest takes place in the middle of the dry season. I saw a harvest in Kissaka during the latter half of July. In Nduga it was already over in August. In Mulera the harvest is said to be at the end of February and in Bgisha at the end of November and the beginning of December.

244 311 Sweet potatoes are planted in marshy lowlands and irrigated fields. They are the staple during the dry season when other supplies are exhausted and the millet is not yet ripe.

The land at the highest altitude is used for peas, although one often finds fields of peas at a lower altitude than banana groves. The highest fields I saw were on Mount Ndisa, high above the settlements, probably extending up to 2,000 meters. I could not discover the reason for the high location of these fields. [139] To judge from the surrounding country, I did not have the impression that it was so densely populated that the people were forced to lay out their fields so inconveniently. Peas and beans are harvested at the end of the rainy season.

251 Field crops, with the exception of bananas and sweet potatoes, are kept in storehouses (kigega). Millet is cut off short and left lying unthreshed until it is needed. Only then is it threshed in small quantities in mortars and winnowed by the wind on large woven shields. Bananas and sweet potatoes are brought from the plantations as needed. The bunches to be used for making beer are kept in the huts to continue ripening. Here considerable stores of other crops, especially beans and peas, are kept in large baskets (umuhiri) made air tight with cow dung.

314 Forestry. In Ruanda we can hardly speak of forest cultivation, despite intensive farming and the widespread cultivation of the land in densely populated areas where forests have shrunk to a minimum. The Muhutu is the worst enemy of the forest. He uses wood to build his huts and storehouses, his boats and tools, and to cook his food, but he does not husband it, and in this respect he is no better than the peasant of eastern Europe.

311 According to unanimous reports by the natives, the country of Ruanda is undergoing a rapid change, and deforestation is making great advances. Formerly the country is said to have been covered